

# The Swimming Event of the Year!

SPONSORED BY DALLAS AQUATIC MASTERS



## REPUBLIC OF TEXAS WORLD SHORT COURSE YARDS CHAMPIONSHIPS Featuring the BlueSeventy Texas Shoot Out! February 26-28, 2010



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**Date and Time:** Friday, February 26 – Learn From the Masters Swim Clinic, 5:30-8:00pm.  
Saturday, February 27 – Meet warm-up at 7:00am, Meet start at 7:30am. Gary Hall Sr. Lecture on the Fundamentals of Fast Swimming will begin after the meet is over, at the latest 2:00pm.  
Sunday, February 28 – Meet warm-up at 7:00am, Meet start 7:30am with 1650 Free. The Blue Seventy Texas Shoot Out meet will warm-up at 9:45am, meet start at 10:45am.

**Facility:** Southern Methodist University, Perkins Natatorium, 6024 Bishop Blvd., Dallas, TX 75275.  
Six lanes, 25 yard indoor pool, non-turbulent lane lines; fully automatic timing system with display board.

**Eligibility:** Open to all swimmers who are 18 years or older as of February 26, 2010 and are currently registered with United States Masters Swimming (USMS).

**Entries and Fees:** The entry fee is \$55.00 to enter both Saturday and Sunday meets. Single Day entry fee is \$40.00. All entries must be completed online by Thursday, February 25, 2010 at 5:00pm. No fax or paper entries accepted. Deck entries will be accepted if space and time permit. Deck entry fees are \$65 for the two day entry and \$55 for a single day entry. A swimmer may enter a maximum of five events on Saturday and maximum of six events on Sunday. If you are registered outside of the North Texas LMSC, please send or bring a copy of your current USMS card for verification. NO ONE SWIMS WITHOUT 2010 USMS REGISTRATION. The online entry form is available at <http://www.damswim.com/meets.htm>. For questions please email Laurie Dunlap at [ldunlap@damswim.com](mailto:ldunlap@damswim.com) or Bobby Patten at [bobbypatten@damswim.com](mailto:bobbypatten@damswim.com) or call 214-219-2300.

**Seeding:** Submit current best times, in yards. Meet will be seeded by time only and men and women will swim together in events 1-17. In events 18-27 men and women will swim separate. All events will be swum from slowest to fastest, with the exception of the 400 IM and the 1650 free. The 500 and 1650 free may swim two to a lane depending on time and number of entries. Entries without seed times will be placed in the slowest heats. **All events will be deck seeded approx. 15 minutes before the anticipated start of each event. Positive check-in is required on the day of competition for EACH event.**

**Rules:** Current USMS rules will govern the conduct of this meet for event number 1-17. THE NO FALSE START RULE WILL BE ENFORCED. For the Blue Seventy Sprint Series on Sunday tech suits are legal.

**Awards:** For the Blue Seventy Texas Shoot Out awards will be given for age groups and the top three overall male and female winners.

**Sanctions:** USMS and North Texas Local Masters Swim Committee sanction the meet 260-001.

**Meet Results:** Final results will be available on <http://www.damswim.com/meets.htm>

**Special Note:** This meet is run fast! Be prepared! No refunds will be given.

## SCHEDULE OF EVENTS

**Friday, February 26 - Learn from the Masters Swim Clinic**, 5:30-8:00pm; featuring Masters Coaches and Swimmers: Eney Jones, Andrea Block, Katie McClelland, Clay Evans, Mike Mann, Rich Abrahams, Gary Hall Sr., Susan von der Lippe and Bobby Patten. This clinic is free to all North Texas LMSC members and those entering the meet.

In the water clinic participation has limited space and will be a first come first serve registration on the online meet entry form.

**Saturday, February 27 – Republic of Texas Swimming World Short Course Yards Championships**, Warm-up at 7:00am, Meet start at 7:30am

### Yards Event Order (men and women swim together)

1	400 IM
Short Break	
2	50 Back
3	50 Fly
4	100 Breast
5	100 Back
6	200 Fly
7	100 Free
8	200 IM
9	200 Back
10	50 Breast
11	50 Free
12	100 Fly
13	200 Breast
14	200 Free
15	100 IM
16	500 Free

**Dr. Gary Hall Sr. Lecture** – immediately following the Saturday meet and not later than 2:00pm. This event is free to all meet entered swimmers and 2010 members of North Texas LMSC.

**Sunday, February 28 – Republic of Texas Swimming World Short Course Yards Championships (1650 only)** Warm-up at 7:00am, Meet start at 7:30am. **Blue Seventy Texas Shoot-Out Meet** warm-up starts at 9:45am, meet start at 10:45am.

### Yards Event Order

W / M (women/men) event number

17 1650 Free

Break

**Blue Seventy Texas Shoot-Out Begins** (Women and Men swim separate)

W / M events

18w /19m	50 Fly
20w/21m	50 Back
22w/23m	100 IM
24w/25m	50 Breast
26w/27m	50 Free

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## REPUBLIC OF TEXAS

WORLD SHORT COURSE YARDS CHAMPIONSHIPS

Featuring the Blue**Seventy** Texas Shoot Out!

**February 26-28, 2010**



**ALL SWIMMERS MUST HAVE A CURRENT 2010 USMS REGISTRATION!**

### Friday, February 26:

NORTH TEXAS LMSC SWIM COMMITTEE

**PRESENTS**

Learn From the Masters Swim Clinic

5:30pm-8:00pm

SMU Perkins Natatorium

Featuring Masters Coaches & Swimmers from around the U.S.

### Saturday, February 27:

Dallas Aquatic Masters

**PRESENTS**

REPUBLIC OF TEXAS SCY CHAMPIONSHIPS

Warm-up at 7:00am

MEET BEGINS AT 7:30AM

SMU Perkins Natatorium

**FUNDAMENTALS OF FAST SWIMMING**

Presented by International Swimming Hall of Fame Recipient:

Dr. Gary Hall, Sr.

Following the Meet

No later than 2pm.

Sponsored by North Texas LMSC

### Sunday, February 28:

Dallas Aquatic Masters

**PRESENTS**

REPUBLIC OF TEXAS SCY CHAMPIONSHIPS

Warm-up at 7:00am

MEET BEGINS AT 7:30AM

SMU Perkins Natatorium

**BLUESEVENTY TEXAS SHOOT OUT!**

Bring your suit! Swim Meet Begins at 10:45am

Warm-up at 9:45am

**Dr. Gary Hall, Sr.****<http://www.theraceclub.net>**

Dr. Gary Hall, Sr. has dedicated his life to coaching swimming techniques and training methods to children, masters, fitness swimmers, triathletes and more. His expert knowledge and background in stroke mechanics and his passion for swimming have brought swimmers from around the world to learn and be inspired by Dr. Hall.

His undergraduate swimming began at Indiana University where he specialized in the individual medley. He has 10 world records and was named World Swimmer of the Year in 1969 & 1970. He represented the US in 3 Olympic Games. He earned a silver medal in the 1972 games in Munich, and was elected by all the Olympic team athletes to carry the American Flag for the 1976 Montreal Olympics opening ceremonies.

Dr. Hall lives in Florida with his wife and runs the The Race Club.

**Eney Jones****<http://www.enevjones.com>**

Ms. Jones is a world class athlete from Denver, Colorado where she teaches open water swim lessons. Eney swam competitively in college with the Florida Gators and includes numerous awards as National Champion swimmer and the 1980 Olympic Trials. She was a professional triathlete from 1983-1991 and competed in several Hawaiian Ironman competitions.

Eney continues to compete in meets around the world including the 2009 Masters Nationals Freestyle, 2008 Open Water 5k in Australia, 2009 Maui Channel Swim & Aumakua 2.5 open water swim, and more.

Consider one of the best instructors in her field, Eney shares her passion by teaching and coaching open water swimming in Colorado.

**Clay Evans****<http://www.swim.net/>**

At the age of 15, Mr. Evans was recruited by UCLA on a swimming and water polo scholarship. Before entering UCLA, Clay represented Canada in the Munich Olympics. He was a four year All-American and NCAA finalist in the 100 fly and an Olympic silver medalist at the Montreal Olympics. Clay has broken over 40 Masters National and World records.

After graduating from UCLA, Clay began his coaching career with Team Santa Monica while he was in graduate school in Architecture. After practicing Architecture in Europe and Saudi Arabia, Clay returned to West L.A. and concentrated on developing Southern California Aquatics (SCAQ).

Today, SCAQ is the largest Masters swimming program in the U.S. In 1993, Clay was selected as the United States Masters Coach of the Year. In 1999, Clay was awarded the Lifetime Achievement Award from the Masters Aquatic Coaches Association.

**Katie McClelland**

A native of Dallas, Katie swam at Duncanville High School and was a Texas state high school champion in the 100 Breast. Katie graduated from SMU in 1999 where she was a 3-time NCAA Champion. She was a WAC record-holder in the 500 free, 100 breast, and 200 breast and a member of the 2001 USA World University Games team. A graduate of Texas Tech School of Law, Katie practices insurance coverage and litigation in Dallas.

**Bobby Patten****[www.damswim.com](http://www.damswim.com)**

A native of Colorado and High School All American he earned a scholarship to compete at Southern Methodist University. He was a five-time NCAA division I All American. While at SMU Bobby was a member of the US Open and American Record 400 Medley Relay swimming the Butterfly. He represented the USA on National teams including the 1982 World Championship team and the 1987 Pan Pacific Championship team.

Patten is an experienced open water swimmer and has been the over-all winner of the Waikiki Roughwater Swim, the Alcatraz Sharkfest Swim, and the Lake Minnetonka 5-mile Open Water National Championship Swim. Bobby holds Masters World and American Records in several events including the 200 Butterfly, 1500 Meter Freestyle and the 10,000 Meters.

Patten has coached swimming for over 25 years and is the Co-Founder and Head Coach of the Dallas Aquatic Masters.

**Andrea Wolf-Block**

BA University of Michigan, Ann Arbor, MI 1984

Varsity Swimmer 1980-84

Team Captain 1984

Aquatic Personal trainer 2002 to present

Swim Coach 2003 to present

Head Age Group Swim Coach for Lincolnshire Swim Club

Coach Masters and Triathlete Swim Training

US Masters Swimmer 1997 to present

Multiple USMS National Champion and record holder (pool and long distance)

2006 Masters World Champion in 100 m. fly

Top Ten Ranking FINA and USMS for 10 years

2004 USMS High Altitude Training Camp at the Olympic Training Center

**Michael Mann age 55****<http://www.swimlabs.com>**

Founder SwimLabs hi tech swim school

World Master Swimmer of the year 09

11 time FINA Masters World record holder

40 years of competitive swimming

4 year Letterman University of New Mexico swimming and Water Polo

Three time FINA World Masters Champion

Multiple National Masters champion

United States Masters Swimming National Record holder

United States Master Swimming All American

Master Swim Coach team Inverness Athletic club Club 4 Years

Master Swim Coach University of Denver - Aquaholics 3year

Littleton High School Assistant girls swim coach 2 years

**Susan von der Lippe**

Susan von der Lippe (Susan Rapp)

Stanford University 1988: MA Sociology, BA Human Biology

Olympic Teams: 1980, 1984, 1988

Gold (400 Medley Relay), Silver (200 M Breast) in 1984

Lives in Colorado

Two kids now ages 11 and 14

Qualified for 2008 Olympic Trials in 100 Breast and 100 Fly

Swims with Loveland Masters

## **Rich Abrahams**

After a successful swimming career at Northwestern University where he was a two time Big Ten champion and NCAA finalist, Rich began Masters swimming after a 9 year layoff in 1975. Rich is now in his 35th year as a Masters competitor. During that time he has set 30 world and 61 individual national records. What is remarkable about many of these records is how little Rich has slowed over the 44 years since graduating from college. An example is his 50 yard free in 1998 at the age of 53 when Rich's 21.73 was actually faster than the 21.9 he swam in 1964 to place him 5th at the NCAA championships. In 2008, at the age of 63, Rich hadn't slowed much over the intervening 10 years managing to swim a 22.36, less than half a second slower than his 1964 NCAA time. Rich attributes much of this success to his long standing belief in "training to race" and a consistent and creative dry-land training program that he is continually evolving.